



Creating and Strengthening Park Prescription Programs: A Three-Part Webinar Series

Part II: Needs Assessments

October 19, 2016, 1:30 – 2:30 pm ET



#ParkRx

Acknowledgements



This webinar series is made possible through support from Kaiser Permanente.



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in the community



Using the Technology

- To hear audio, call +1 (646) 307-1001, Access Code 293-531-730 (United States)
 - Attendee phone lines are automatically muted
- To download a pdf version of the slides, click on the document in the “Handouts” panel on your screen
- Questions?
 - For troubleshooting and technological support, visit <http://help.citrix.com/webinar/join>
 - During the Q&A session, type your questions into the “Questions” box and send them to the organizers.

Agenda

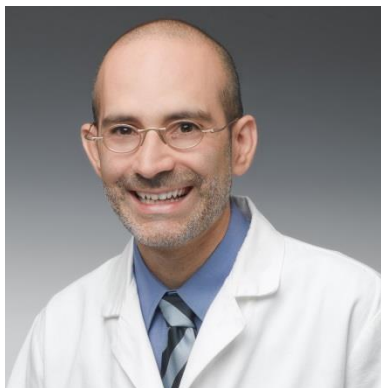
1. Introduction
2. Panelist presentations
3. Q&A session
4. Closing remarks

About the Speakers

Moderator: Zarnaaz Bashir, MPH
Vice President, Health and Wellness
National Recreation and Park
Association



Charm Lindblad, MHA, MBA
Executive Director
Prescription Trails New
Mexico



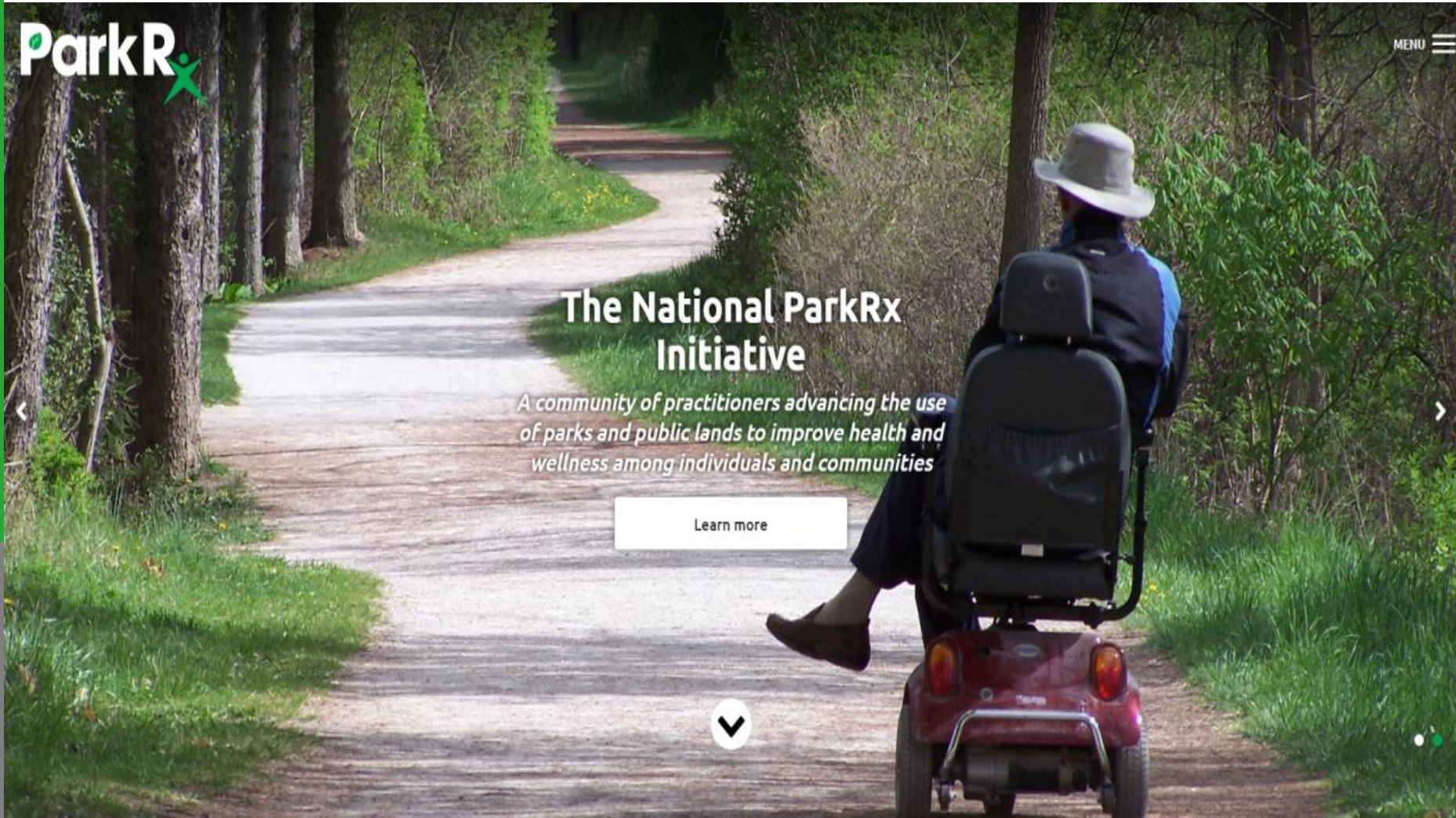
Dr. Robert Zarr, MD, MPH, FAAP
Director of DC ParkRx &
Pediatrician
Unity Health Care



Suzanne Tugman-Engel
Director of Community Outreach
Kaniksu Land Trust



About the National ParkRx Initiative



What are Park Prescriptions?



About the Audience

- **Professional breakdown:**
 - **50%** Parks
 - **20%** Public health/medical
 - **30%** Other
- **Stage of Park Prescription program:**
 - **60%** Interested in learning about/starting a Park Prescription program
 - **40%** Currently creating or already have a Park Prescription program
- **Most common challenges in creating/implementing Park Prescription programs:**
 - **20%** Partnering with other agencies/sectors
 - **20%** Funding

Agenda

1. Introduction
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3. Q&A session
4. Closing remarks

Learning Objectives

- Participants will learn how to develop Park Prescription programs using park and trail assessment tools.
- Participants will learn how to assess green space and use Park Prescription programs in a clinical setting.
- Participants will learn about community health assessment tools and opportunities for community partnerships.



Charm Lindblad, MHA, MBA
Executive Director
Prescription Trails New Mexico

Creating and Strengthening Park Prescription Programs, Part II: Needs Assessments

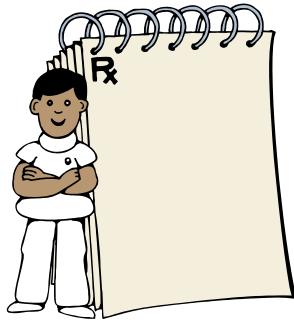
The Prescription Trails Program in New Mexico

Charm Lindblad, MHA, MBA



#ParkRx

Prescription Trails New Mexico – Get UP and Get Moving!



Prescription strength dose of physical activity for health

Park Assessment

Mission: A program designed to give all health care professionals **tools** to increase walking/wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for individuals and families. (And pets too)

Prescription TRAILS Rx for Health: Get Up and Get Moving!

Increase Energy - Lower Stress

Congratulations on deciding to increase your physical activity! Below is the plan we discussed to start you on your way.

Date: _____

Start with: _____ Minutes _____ Days per week

Gradually increase to: _____ Minutes _____ Days per week

Where: _____

We will review this plan at your next visit.

Health Care Provider Signature _____

Sleep Better *Walk the Dog* *Enjoy the Outdoors*

Prescription TRAILS Receta para Salud: ¡Levántese y Muévase!

Camino - Baile

¡Felicidades en decidir aumentar su actividad física! Abajo es el plan que discutimos para iniciarle a usted en su camino.

Fecha: _____

Empiece con: _____ Minutos _____ Días por semana

Gradualmente aumente a: _____ Minutos _____ Días por semana

Donde: _____

Junto revisaremos este plan en su próxima visita.

Firma del Proveedor de Salud _____

Duerma Mejor *Aumente Energía* *Disfrute del Aire Libre*

Prescription TRAILS Rx for Health: Get Up and Get Moving!

Congratulations on increasing your pet's physical activity! Below is the plan we discussed to start you and your pet on your way.

Date: _____

Start with: _____ Minutes _____ Days per week

Gradually increase to: _____ Minutes _____ Days per week

Where: _____

We will review this plan at your next visit.

Provider Signature _____

Prescription Trails Assessment Worksheet
Developed by the National Park Service - Rivers, Trails & Conservation Assistance Program

Parking	PARK/TRAIL ACCESS	NOTES
Is there a parking lot? Is parking on street?		
Is there handicapped parking? Is parking limited at any time? (When and how long?) (i.e. youth sports on Saturday mornings)		
Major cross streets	Identify major nearby cross streets. Helpful for people who may not know where smaller paths are located.	
Local Transit	Is there a transit stop nearby? (Probably within 1/4 mile) Provide route number, location. Show transit stop on map. Note distance from transit stop to park/trail start.	
Trail Surface	TRAIL FEATURES	
Grade 1 - Asphalt	The surface should be firm and smooth. Is the surface concrete, asphalt, hard packed gravel or crushed stone?	
Grade 2 - Crushed rock	Describe the surface condition: Are there cracks or broken sections of concrete or asphalt?	
Grade 3 - Natural dirt surface	Could there be a slip hazard? Could the cracks or broken sections be identified with paint until repairs are done?	
Wood chip/mulch/grass		
path width (4' minimum)	6-8 feet preferred, the path/width should be wide enough to accommodate 2 people side-by-side easily.	
grade (5% or less)	Grades in excess of 5% can be considered, but not for a Grade 1 trail (universal access).	
cross slope (less than 2%)	Slope is difficult to measure. Think of a driveway cut—what's excessive cross-slope and not appropriate for a Grade 1 trail.	
Wood chip/mulch/grass		
path width (4' minimum)	6-8 feet preferred, the path/width should be wide enough to accommodate 2 people side-by-side easily.	
grade (5% or less)	Grades in excess of 5% can be considered, but not for a Grade 1 trail (universal access).	
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Walking Guide

www.prescriptiontrails.org

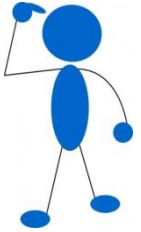


Preparation

- ✓ Who Are the Partners
- ✓ Collecting Information
- ✓ Training
- ✓ Building Capacity

Question to ask before starting a program

1. Who is our target audience
2. Who will be on the planning / implementation / evaluation teams?
3. What infrastructure exists?
4. What are our funding sources?
5. What is a successful program? 6 months? 1 year?
6. How will we promote it?
7. What programs can we implement to get more people active and to get more health care professionals to prescribe?
8. Can we influence Policy?
9. How to evaluate program?
10. How do we maintain the trails? 6 months? 1 year?
11. What park/trail maintenance is needed now?
12. Challenges



Preparation

Park Assessment Worksheet

Prescription Trails Assessment Worksheet

Developed by the National Park Service – Rivers, Trails & Conservation Assistance Program



		NOTES
PARK/TRAIL ACCESS		
Parking	Is there a parking lot? Is parking on street? Is there Wheelchair access to the path / trail? Is there handicapped parking? Is parking limited at any time? When and how long? (i.e. youth sports on Saturday mornings)	
Major cross streets	Identify major nearby cross streets. Helpful for people who may not know where smaller parks are located.	
Local Transit	Is there a transit stop nearby? (Probably within 1/4 mile) Provide route number nearby and cross street where bus stop is located. Show transit stop on map. Note distance from transit stop to park/trail start.	
TRAIL FEATURES		
Trail Surface Grade 1 Asphalt Concrete Rubberized Grade 2 Crushed rock Grade 3 Natural dirt surface Wood chips/mulch grass	The surface should be firm and stable. Is the surface concrete, asphalt, hard packed gravel or crusher fines? Describe the surface condition: Are there cracks or broken sections of concrete or asphalt? Could they be a trip hazard? Could the cracks or broken sections be identified with paint until repairs are done?	
path width (4' minimum)	6-8 feet preferred, the path/trail should be wide enough to accommodate 2 people side-by-side easily.	
grade (5% or less)	Grades in excess of 5% can be considered, but not for a Grade 1 trail. (universal access)	
cross slope (less than 2%)	Slope is difficult to measure. Think of a driveway cut—that's excessive cross-slope and not appropriate for a Grade 1 trail.	

Prescription Trails Assessment Worksheet

Developed by the National Park Service – Rivers, Trails & Conservation Assistance Program



loops/ distance	Loop routes are preferred. A loop can be a minimum of 1/4 mile. Identify a logical start/finish point if describing a loop. Using the "ruler" tool in Google Earth is an acceptable distance measurement.	
TRAIL AMENITIES (Not Required)		
benches, resting areas	Check for benches, rest areas, picnic tables, water fountains, shade structures. Could the trail be improved with resting areas?	
attractions for kids	Is there a playground or sports fields nearby? Can young children be observed from the trail route?	
Public Facilities	Are there local community, recreation or senior centers; police/fire stations; libraries, restrooms, schools, businesses; dog parks, bike paths nearby?	
Signage	Does the park or trail have information or regulatory signage posted.	
TRAIL SAFETY & SECURITY		
safety/ visibility	Look for clear lines of sight along the paths. Would users feel comfortable? Is vegetation along trail being managed? Could someone hide in the vegetation? Does the area have graffiti taggers? Are tree limbs pruned so they don't block the trail? Would all users feel safe along the path/trail?	
Public Use	Comments on activity: Is trail/park obviously getting public use? Do you know of any organized walking groups that use this park/trail? When is it busiest?	
Lighting	Is park/trail lighting suitable for early morning or evening activities?	

■■■■■■ Grade 1
 ■■■■ Grade 2
 ●●●●● Grade 3

Grade Definitions	Trails are identified and graded according to level of difficulty. Most are loops that go around a park.
Grade 1 = Accessible to all users.	A flat, free of debris, paved pathway located in or around a park that is suitable for wheelchairs and mobility impaired
Grade 2 = Mostly accessible.	A paved or packed crusher fine pathway that may have minor grade changes, and surface changes, located in or around a park.
Grade 3 = Slightly challenging.	A paved, packed crusher fine or dirt pathway with variations in grade and slope. (A physical or occupational therapist can help determine maximum variations for your defined target population.)



Source: Prescription Trails Park Assessment Worksheet, National Park Service, Rivers, Trails, Conservation Assistance Program



Programming

Tiguex Park: all paths Grade 1



Grade 1 = Fully accessible to all users:

A flat, paved pathway located in or around a park that is suitable for wheelchairs.

- Grade 1
- - - - Grade 2
- Grade 3



Health Care Professionals

- ☐ Provide training and tools to implement the program
- ☐ Reasons for the health care provider communicating this message
- ☐ Promote a healthy environment for all species

Prescription

Prescription TRAILS Rx for Health: Get Up and Get Moving!

Increase Energy - Lower Stress

Sleep Better

Walk the Dog

Enjoy the Outdoors

Congratulations on deciding to increase your physical activity!
Below is the plan we discussed to start you on your way.

Date: _____

Start with: _____ Minutes _____ Days per week

Gradually increase to: _____ Minutes _____ Days per week

Where: _____

We will review this plan at your next visit.

Health Care Provider Signature _____

Prescribing Physical Activity

Assess current level of physical activity

Assess readiness to increase physical activity

Develop a shared goal

Complete the prescription

Discuss safety

Develop follow up plan



Programming

Tiguex Park

1. Inner Loop

Trail Distance: .3 mile

Difficulty: Grade 1

Steps: 635

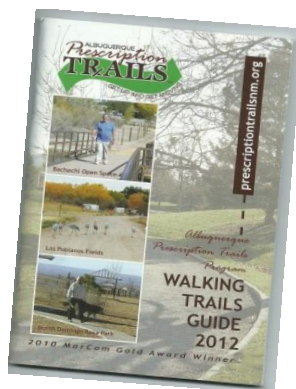
Trail Surface: 8 foot wide concrete

Grade: Fully accessible to all

users; a flat, paved pathway located in or around a park that is suitable for wheelchairs.

Attractions

Play areas, Basketball courts, Grass fields and Picnic tables



Park Assessment Worksheet

Prescription Trails Assessment Worksheet
Developed by the National Park Service - Rivers, Trails & Conservation Assistance Program

PARK/TRAIL ACCESS		NOTES
Parking	Is there a parking lot? Is parking on street? Is there handicapped parking? Is parking shaded at any time? When and how long? (If youth spaces or liability concerns)	
Major cross streets	Identify major nearby cross streets. Highlight for people who may not know where smaller streets are located.	
Local Transit	Is there a transit stop nearby? (Probably within 1/4 mile) Provide route number, nearby and cross street where bus stop is located. Show transit stop on map. Also, distance from transit stop to park or trail.	
TRAIL FEATURES		
Trail Surface	The surface should be firm and stable. Is the surface concrete, asphalt, hard packed gravel or crushed stone? Describe the surface conditions. Are there cracks or broken sections of concrete or asphalt? Could they be a trip hazard? Could the cracks or broken sections be identified with paint until repairs are done?	
Grade	Is it level preferred, the path/should be wide enough to accommodate 2 people side-by-side easily.	
Width	Is it 8 feet preferred, the path/should be wide enough to accommodate 2 people side-by-side easily.	
Grade (%) or less	Is it 8 feet preferred, the path/should be wide enough to accommodate 2 people side-by-side easily.	
Cross slope (less than 2%)	Is it 8 feet preferred, the path/should be wide enough to accommodate 2 people side-by-side easily.	

Prescription Trails Assessment Worksheet
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Walking Guide Page

Tiguex Park

Walk two loop paths at Tiguex Park, starting at 19th Street. The outer loop and inner loop connect at several points, adding variety. The park is visible from the street, and many people visit it.

Difficulty: Grade 1
Trail Surface: 8-foot wide concrete

1 - Inner Loop

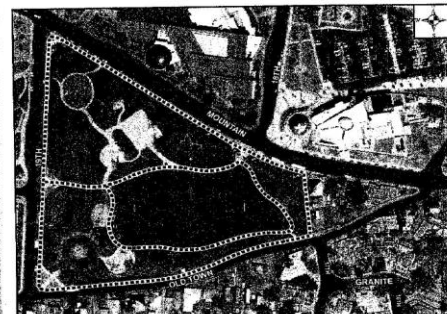
Trail Distance: .3 mile
Steps: 635

2 - Outer Loop

Trail Distance: .5 mile
Steps: 1,050

Hours: 6 a.m. - 10 p.m.
Lighting: None

Attractions: Play areas, basketball courts, grass fields, picnic tables, exercise stations; outdoor fitness equipment located along walking trail

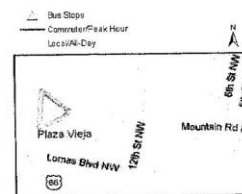


Nearby Major Cross Streets:
Mountain & Rio Grande NE

ABQ Ride:
#36; bus stop on Rio Grande and Mountain; 235 steps to park

Public Facilities:
3 museums nearby

Parking:
On street



prescriptiontrails.org



14

www.prescriptiontrails.org

15

Tiguex Park
Zip Code 87104



Policy



- ✓ Establish standards for park paths & trails
- ✓ Complete Streets (for communities to parks)
- ✓ Add public health professional to parks & recreation advisory board
- ✓ Address opportunities to include fitness/recreation programs and classes at local parks.
- ✓ Fee Waivers at parks with RX
- ✓ Adopt A Park Program for local business
- ✓ Make the Link – One Health for All Species*

My doctor said walking is good for me too!



Contacts and Resources

Charm Lindblad, MHA, MBA
New Mexico Health Care Takes On Diabetes
Prescription Trails
505-796-9121
clind48535@aol.com
www.nmtod.org
www.Prescriptiontrails.org

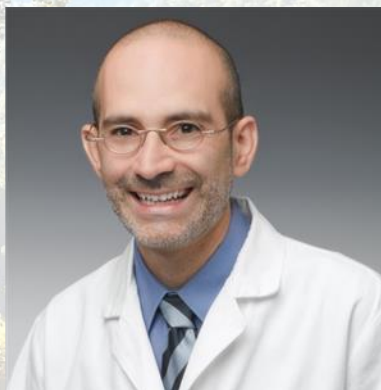
Additional Resources:

- ✓ See end of slideshow for more information



Learning Objectives

- Participants will learn how to develop Park Prescription programs using park and trail assessment tools.
- Participants will learn how to assess green space and use Park Prescription programs in a clinical setting.
- Participants will learn about community health assessment tools and opportunities for community partnerships.



Dr. Robert Zarr, MD, MPH, FAAP
Director of DC ParkRx and Staff Pediatrician
Unity Health Care

Creating and Strengthening Park Prescription Programs, Part II: Needs Assessments

DC Park Prescriptions: Working with Partners to Assess Green Space and
Embedding Park Formulary into Electronic Health Records

Dr. Robert Zarr, MD, MPH, FAAP



#ParkRx

National Park Service
U.S. Department of the Interior



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



Children's National
Medical Center®

HHS.gov



What have we accomplished?

- Developed standardized park rating tool
- Developed **Park Pages** searchable park database linked to EMR (electronic health record)
- **DC Park Rx** launched at Unity Health Care on 7-1-13 (~1700 Rx prescribed) by 180 providers
- DC Park Rx now integrated within Unity, Children's National Health Centers, and CCI health and wellness services
- Current patient population reach of ~200,000 and ~300 providers

Is Park Rx scalable?

- Ask for a meeting with chief medical officer, chief executive officer, chief information officer of a health provider organization (Community Health Center, Hospital system, group practice)
- Invite to this meeting your park agency partners (already established partnerships) surrounding the Geographic area of the health provider organization.
- Introduce the concept of prescribing parks in a healthcare setting by demonstrating:
 1. Scientific evidence to support prescribing nature to improve human health and
 2. Ease of use--show how easy it is to integrate both into EHR & into the daily routines of providers.
- Arrange a separate meeting with the park agency GIS officer to import park attributes into Park Rx website/database.
- Create a locale of Park Rx for that region within DCParkRx.org
- Arrange a separate meeting with the CIO of the health provider organization to strategically place DCParkRx.org inside EHR.
- Requests screen shots/casts of EHR from CIO to use in upcoming in-service
- Request from CEO/CMO opportunities to do Park Rx in-service at ALL STAFF meeting. Take Promotionals (posters, stickers, etc.) and distribute to staff.
- Follow up with CEO/CMO/CIO to guarantee follow through.



One click away ...

Care Plan

Reconciliation

Help

Select Specialty

Pediatrics

Assessment #1 Select problem; enter assessment, orders, and meds; then click 'Commit Assessment'

Prob List

BODY MASS INDEX PED >=EQUAL TO 95TH % AGE (ICD-V85.54) (ICD-V85.54)

View/Insert Prior

Commit Assessment

Clear All

Assessment: ☐ New ☐ Improved ☐ Unchanged ☐ Deteriorated ☐ Comment Only

.parkrx

Orders:

Ofc Vst, Est, Level III (99213) (99213)

New Meds

Change Meds

Meds auto insert

R

New Orders

Orders auto insert

R

Insert Template

R

Print Handout

Assessment #2 Select problem; enter assessment, orders, and meds; then click 'Commit Assessment'

View/Insert Prior

Commit Assessment

Clear All

Add All Meds to Note

Remove New Meds from Note

Rx Monitoring/Alerts

Rec. Interventions

Rec. Tests

Orders

Rx Refills

HPI

Entry

PMH

FH-SH

Risk Factors

ROS

VS

PE

Problems

CPOE ADD

Instructions/Plan

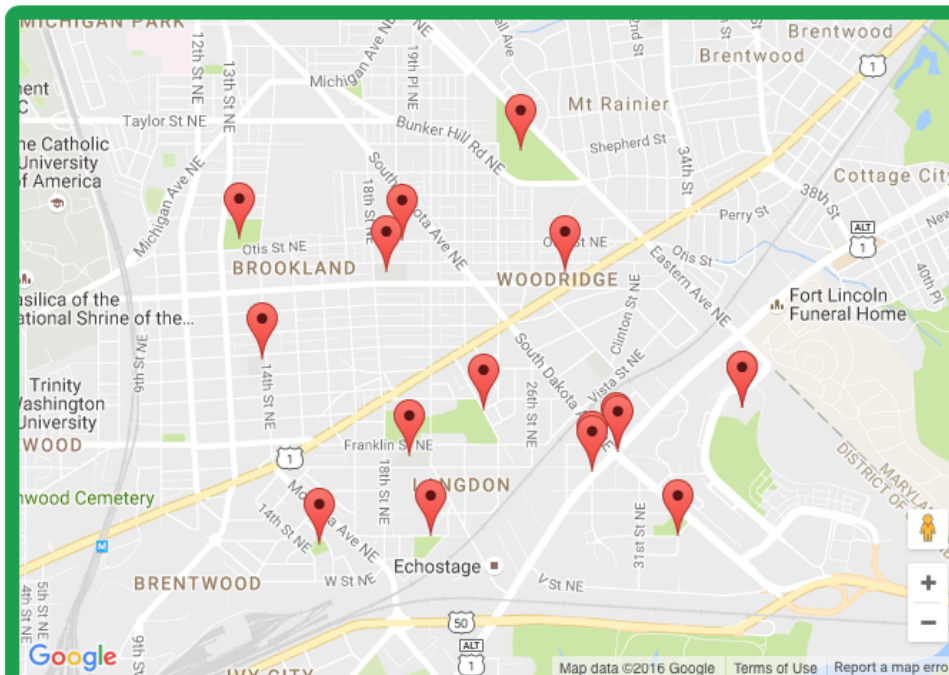
Copyright

Enter Address or Zipcode

Go >

WITHIN RADIUS: ☐ .25 MILE ☐ .5 MILE ☒ 1 MILE ☐ 2 MILES ☐ 3 MILES ☐ 5 MILES
☐ ALL PARKS

17 parks [SHOW FILTERS](#)



SORT BY: ☒ Distance ☐ Park Name

- ☐ 0.8mi Barnard Hill Park
- ☐ 0.7mi Brentwood Recreation Center
- ☐ 0.5mi Burroughs Elementary
- ☐ 0.8mi Dakota Playground
- ☐ 0.6mi Dwight A. Mosley Sports Com...
- ☐ 0.5mi Loomis Park
- ☐ 1.0mi Fort Bunker Hill Park

☐ CHECK TOP 5

VIEW SELECTED PARKS



[DC Parks and Rec](#)



[US Botanical Garden](#)



[Walk with a Doc](#)



[National Rec and Park Association](#)



[National Park Service](#)



[Prince George's County Parks and Rec](#)



[DC Scores](#)



[National Environmental Education Foundation](#)



[Montgomery County Parks](#)



[Fairfax County Parks and Rec](#)



[National Park Rx Initiative](#)



[Children And Nature Network](#)



[National Zoological Park](#)



[Destination DC Nature and Outdoors](#)



[Biophilic Cities](#)



[US National Arboretum](#)



[November Project DC](#)



[Institute at the Golden Gate](#)



WITHIN RADIUS: ☐ .25 MILE ☐ .5 MILE ☒ 1 MILE ☐ 2 MILES ☐ 3 MILES ☐ 5 MILES
☐ ALL PARKS

17 parks [HIDE FILTERS](#)

GENERAL	AMENITIES	OPEN SPACE/PLAYGROUND	TRAILS	SPORTS AMENITIES
<div>Overall Park Size</div> <div><input type="checkbox"/> Less than area of a basketball court</div> <div><input type="checkbox"/> Between basketball court and football field size</div> <div><input type="checkbox"/> Larger than a football field</div>	<div>Park Amenities</div> <div><input type="checkbox"/> Benches/Seating</div> <div><input type="checkbox"/> Drinking Fountains</div> <div><input type="checkbox"/> Grills</div> <div><input type="checkbox"/> Picnic Tables</div> <div><input type="checkbox"/> Port-a-Potties</div> <div><input type="checkbox"/> Restrooms</div> <div><input type="checkbox"/> Trash Cans</div>	<div>Size of Open Space:</div> <div><input type="checkbox"/> Less than area of a basketball court</div> <div><input type="checkbox"/> Between basketball court and football field size</div> <div><input type="checkbox"/> Larger than one football field in size</div>	<div>Overall Trail Condition</div> <div><input type="checkbox"/> 1 (not good)</div> <div><input type="checkbox"/> 2</div> <div><input type="checkbox"/> 3</div> <div><input type="checkbox"/> 4</div> <div><input type="checkbox"/> 5 (very good)</div>	<div>Sports Amenities</div> <div><input type="checkbox"/> Baseball Field</div> <div><input type="checkbox"/> Basketball Court</div> <div><input type="checkbox"/> Biking</div> <div><input type="checkbox"/> Birdwatching</div> <div><input type="checkbox"/> Canoeing</div> <div><input type="checkbox"/> Crosscountry Skiing</div> <div><input type="checkbox"/> Fishing</div> <div><input type="checkbox"/> Fitness Center</div> <div><input type="checkbox"/> Football Field</div> <div><input type="checkbox"/> Golf</div> <div><input type="checkbox"/> Gymnasium</div> <div><input type="checkbox"/> Handball</div> <div><input type="checkbox"/> Hiking</div>
<div>Overall Park Shade</div> <div><input type="checkbox"/> 0-20%</div> <div><input type="checkbox"/> 20-40%</div> <div><input type="checkbox"/> 40-60%</div> <div><input type="checkbox"/> 60-80%</div> <div><input type="checkbox"/> 80-100%</div>	<div>Food For Sale</div> <div><input type="checkbox"/> Snack Shop</div> <div><input type="checkbox"/> Vending Machine</div> <div><input type="checkbox"/> Gift Shop</div> <div><input type="checkbox"/> Restaurant</div> <div><input type="checkbox"/> Food Truck</div>	<div>Activities Allowed</div> <div><input type="checkbox"/> Play Frisbee Or Soccer</div> <div><input type="checkbox"/> Go for a jog</div> <div><input type="checkbox"/> Have a picnic</div>	<div>Overall Trail Difficulty</div> <div><input type="checkbox"/> Easy</div> <div><input type="checkbox"/> Moderate</div> <div><input type="checkbox"/> Difficult</div> <div><input type="checkbox"/> Very Difficult</div>	
<div>Pets</div>		<div>Playground Condition</div> <div><input type="checkbox"/> 1 (not good)</div> <div><input type="checkbox"/> 2</div>	<div>Trail Activities</div> <div><input type="checkbox"/> Bicycling allowed</div>	

VIEW SELECTED PARKS



Kalorama Park

1903 Belmont Rd, NW, Washington, DC 20009



DC Parks and Rec | (202) 753-1555

HOURS: Dawn to Dusk

GETTING THERE:

Parking, Bus, Metro, Bike Racks

Bus Route: #90, 96, DC98, L2, 42

Handicap Accessible: Yes

GENERAL INFO:

Pets: Allowed, On Leash

Benches: 10+

Restrooms: No

Picnic Tables: <5

Overall Park Size: Less than area of a basketball court

Special Features/Comments: The recreation center staff schedule a multitude of programming events for children throughout the year, including a Valentine's Day party, a fall picnic, a Halloween party, and a winter holiday party. Other youth activities in the park include the Department's summer camp. The Community Garden located in the Park, run by a separate group, is available for neighbors to use for growing vegetables and flowers.



OPEN SPACE/PLAYGROUND:

Playground Cleanliness: 5 (very clean)

Playground Surface Type: Wood chips

Playground Condition: 5 (very good)

Playground Shade: 20-40%

TRAILS:

Overall Trail Condition: 4

Overall Trail Cleanliness: 4

Overall Trail Difficulty: Easy

Trail Activities:

Hiking/walking/running/jogging allowed

Trail Layout: Loop

Trail Distance: 1/4 mile

Trail Extras: Lighting, Benches/rest areas

Trail Surface Type: Concrete

Trail Slope: Flat/Gentle

Trail Cross Slope: Flat/Gentle

Trail Width: > 4 ft

SPORTS AMENITIES:

Sports Amenities: Basketball Court, Open Space, Playground



Care Plan

Reconciliation

Help

Select Specialty Pediatrics

Assessment #1 Select problem; enter assessment, orders, and meds; then click 'Commit Assessment'

Prob List

BODY MASS INDEX PED >=EQUAL TO 95TH % AGE (ICD-V85.54) (ICD-V85.54)

View/Insert Prior

Commit Assessment

Clear All

Assessment: ☐ New ☐ Improved ☐ Unchanged ☐ Deteriorated ☐ Comment Only

Parks Rx Provided Today

Orders:

Ofc Vst, Est, Level III (99213) (99213)

New Meds

Change Meds

Meds auto insert

R

New Orders

Orders auto insert

R

Insert Template

R

Print Handout

Assessment #2 Select problem; enter assessment, orders, and meds; then click 'Commit Assessment'

View/Insert Prior

Commit Assessment

Clear All

Add All Meds to Note

Remove New Meds from Note

Rx Monitoring/Alerts

Rec. Interventions

Rec. Tests

Orders

Rx Refills

HPI

Entry

PMH

FH-SH

Risk Factors

ROS

VS

PE

Problems

CPOE ADD

Instructions/Plan

Copyright

How to prescribe parks in a clinical setting

1. Healthcare provider (physician, nurse, social worker, nurse practitioner, case manager, etc.) recognizes one or more chronic disease factors in patient/family
2. Healthcare provider reviews daily routine of his/her patient/family in terms of activity in green space.
3. Healthcare provider assesses readiness and willingness of patient to spend more time in green space.
4. Healthcare provider accesses www.DCParkRx.org website by using quick text function anywhere in the electronic health record.
5. Healthcare provider reviews Park options (real-time) with patient/family to decide which park is the most appropriate for patient/family to visit.
6. Healthcare provider and patient/family discuss and agree on frequency of visits to park per week, duration of time to be spent in park, and activities to engage while at the park.
7. Healthcare provider documents the specificity of the park prescription (name of Park, frequency, duration, activities) in the treatment or preventive medicine section of electronic health record.
8. Healthcare provider and patient/family agree on date and time of next appointment.
9. Healthcare provider either prints or shares electronically (via patient portal) the Park Page (Park summary) and the patient summary, which includes the treatment plan (name of park, frequency, duration, activities).

What can you do?

1. Link **www.DCParkRx.org** to your EMR ✓
2. Partner with your local park agencies to add your neighborhood parks to **DCParkRx** website ✓
3. Invite us to provide an in-service ✓
4. Encourage and remind providers and staff to prescribe parks as part of daily routine ✓
5. Start prescribing! ✓

Contact Information:

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Staff Pediatrician, Unity Health Care

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Learning Objectives

- Participants will learn how to develop Park Prescription programs using park and trail assessment tools.
- Participants will learn how to assess green space and use Park Prescription programs in a clinical setting.
- Participants will learn about community health assessment tools and opportunities for community partnerships.



Suzanne Tugman-Engel
Director of Community Outreach
Kaniksu Land Trust

Creating and Strengthening Park Prescription Programs, Part II: Needs Assessments

Community Partnerships & Health Assessments

Suzanne Tugman-Engel



#ParkRx



BONNER COUNTY PARKRx COALITION

PROGRAMS

America Walks

Underground Kindness

Senior Center

Idaho Afterschool Coalition

Senior groups, veterans groups,
faith based, community, gardens
etc

Parks & Rec

LAND

Kaniksu Land Trust

Local Trail Groups

Schools track & fields, gyms

City Planning departments, Public
Works departments

MEDICAL

Health Care providers, Health
Departments, Hospitals, Clinics

Behavioral Health Clinics,
Social Service agencies

Health Insurance



COMMUNITY HEALTH PROFILE

NEIGHBORHOOD HEALTH STATS



COUNTY HEALTH RANKINGS

www.countyhealthrankings.org

COMMUNITY COMMONS

www.communitycommons.org

DEMOGRAPHIC DATA



U.S.CENSUS BUREAU

www.factfinder.census.gov

COMMUNITY HEALTH PROFILE



COLLECT DISEASE
PREVALENCE AND RISK
FACTOR DATA

www.countyhealthrankings.org



COMMUNITY HEALTH PROFILE



TEEN DEPRESSION & SUICIDE



CHRONIC DISEASE & ISOLATION



+ LEVELS OF OBESITY/ TYPE 2 & 1
DIABETES



DEPRESSION & YOUNG
MOMS

PUTTING IT TO WORK

Medical Offices

Nurses & Front End Staff

Parks & Rec

State & City Parks

Private Landowners

Local Business
Home Depot

AARP/Senior Centers

School/Community Gardens



PARKRx CHAMPION

Mobilizes teams
Marketing/Media/Promotions

Fundraising & Events



UNIVERSITY STUDENTS

Pre-Med, Nursing, Psychology,
Nutrition

High Schools

Health Occupation Students

Student Mentors



PARKRx ON THE GROUND



HIKE



WALK



NATURE WALKS

AFTER SCHOOL PROGRAMMING



STORYWALK



CRITTERS & YOU



STRESS REDUCTION

Contact Information:

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Agenda

1. Introduction
2. Panelist presentations
3. Q&A session
4. Closing remarks

Q & A

- To ask a question, please type your question in the ‘Questions’ box and send it to the organizers
 - The moderator will read selected questions to the panel
- If your question is not addressed during the session, we will address it in a larger “Frequently Asked Questions” page on the parkrx.org website

Zarnaaz Bashir

Vice President, Health and Wellness
National Recreation and Park
Association



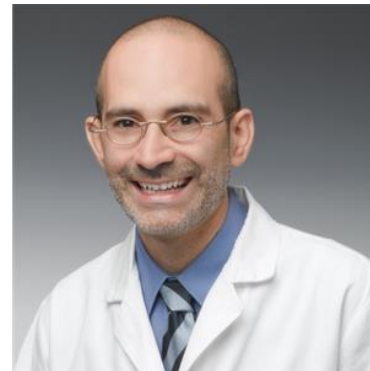
Charm Lindblad

Executive Director
Prescription Trails New Mexico



Dr. Robert Zarr

Director of DC ParkRx and Staff
Pediatrician
Unity Health Care



Suzanne Tugman-Engel

Director of Community Outreach
Kaniksu Land Trust



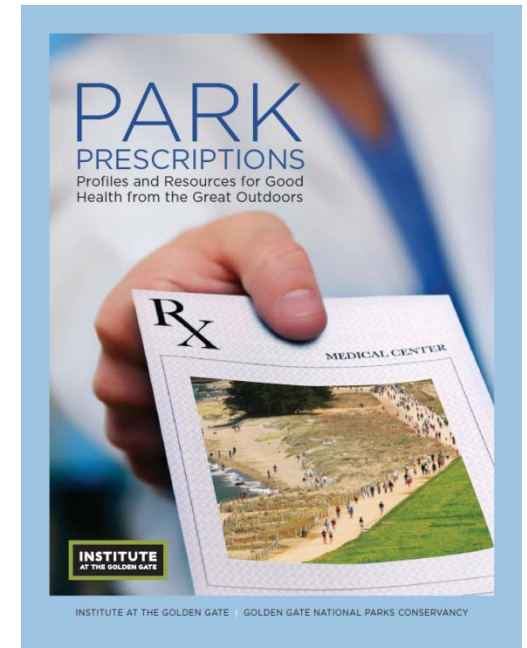
Agenda

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Recap of the Session

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Next Steps

- For more information, please visit <http://www.parkrx.org/>
 - Webinar Resources: <http://www.parkrx.org/resources/fall-2016-webinar-series>
 - Case Studies: <http://www.parkrx.org/resources/case-studies>
 - About The National ParkRx Initiative: <http://www.parkrx.org/about-parkrx>
- Join the movement!
 - <http://bit.ly/2dAUVNZ>
- Upcoming Webinars
 - **November 16, 1:30 pm ET – Part III, Implementation & Evaluation**
 - Featuring: Anne O’Neill, NPS; Kevin Wright, Marin County Parks; Dr. Sarah Messiah, University of Miami School of Medicine; Jason Urroz, Blue Ridge Parkway Foundation
 - Register at: <http://bit.ly/parkrxweb3>
- Past Webinar
 - To view a recording of Part I: Partnership, visit <http://bit.ly/parkrxweb1>

Resources

Find these resources online at: <http://www.parkrx.org/resources/national-parkrx-initiative-fall-2016-webinar-series>

General

- [CDC Division of Community Health – Resources](#)
- [*Park Rx: Getting Healthy in National Parks*](#)
- [Parks, Trails, and Health Workbook](#)
- [Prescription Trails New Mexico Website](#)
- [Walk With a Doc](#)
- [Active Living by Design - Community Action Model](#)
- [*Park Prescriptions: Profiles and Resources for Good Health from the Great Outdoors*](#)

Assessments

- [National Park Service's Rivers, Trails, & Conservation Assistance Program – Prescription Trails Assessment Worksheet](#)
- [Active Living Research - System for Observing Play and Recreation in Communities \(SOPARC\)](#)
- [Active Living Research - Community Park Audit Tool \(CPAT\)](#)

Thank You



KAISER PERMANENTE®

in the community

Reminders

- A recording of the webinar will be available:
 - In the follow-up e-mail after webinar concludes
 - On <http://www.parkrx.org/>
- The follow-up e-mail will also include a post-webinar survey
 - We value your feedback!
- Questions? Please contact Lea Kassa at lkassa@parksconservancy.org.